



# LUNCH

**THE BARN**

www.thebarnstanway.co.uk

All our food is freshly made in our kitchen with locally sourced, seasonal ingredients.

Served Monday - Saturday  
From 12.00pm to last orders by 2.45pm

(Please be aware we are a cashless business - Payment via contactless or card, Thank you)

<b>CHEF'S SPECIALS</b>	<b>DELI</b>
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*We like to keep it fresh!*  
Please see the Chef's Specials Menu for the finer details...

**CATCH OF THE DAY** MARKET PRICE  
*Daily Special of Fresh Fish*

**"HOT FROM THE POT"** MARKET PRICE  
*Hearty Comfort Food*

**TART OF THE DAY** 13.95  
*Individual Prepared Tart, Served Warm from the Oven, Buttered Minted New Potatoes, House Salad and Dressing*

**BARN BURGER** 16.95 GFO  
*Fresh, Stacked and Delicious!*

**BARN MUSHROOM STROGANOFF** 14.95 V GFO  
*Wild Mushrooms, Peppers, Brandy, Infused Lapsang Souchong Tea, Smoked Garlic Yoghurt, Rice*

**CAFÉ CLASSICS**

**BEER BATTERED FISH & CHIPS** 16.95 GFO  
*Beer Battered Haddock Fillet, Chunky Chips, Minted Crushed peas, Tartare Sauce, Lemon*

**BUDDHA BOWL** 15.95 GFO Ve V  
*Roasted Spiced Chickpeas, Sun Blushed Tomato, Olive & Herb Quinoa, Rosemary Butternut Squash, Pickled Red Cabbage, Avocado, Edamame Beans, Seeds, Crispy Shallots, Heritage Carrot Ribbons, Tabini & Turmeric Dressing*

*add Feta Cheese £3.00 | Hot Smoked Salmon £3.00  
Poached Thyme & Lemon Chicken £3.00*

**HAM, EGG & CHIPS** 13.50 GFO  
*Smoked Ham, Fried Eggx, Chunky Chips, Piccalilli*

**CROQUE MONSIEUR** 11.95  
*Smoked Ham, Gruyere Cheese, Bechamel Sauce with Dressed Leaves*

**CROQUE MADAME** 13.95  
*Smoked Ham, Gruyere cheese, Bechamel Sauce, Fried Egg with Dressed Leaves*

**HOME CURED BEETROOT GRAVLAX** 12.95 GFO  
*Beetroot Gravlax, Roasted Candy Beetroot, Golden Beetroot, Radish, Capers, Orange, Pomegranate, Mixed Leaves, Pea Shoots, Smoked Garlic Yogurt*

**WARM BEEF & HORSERADISH SANDWICH** 11.95 GFO  
*Roasted Striploin of Beef, Conit Onion Puree, Rocket, Parmesan, Horseradish Mayonnaise with Dressed Leaves*

**OPEN CLUB SANDWICH** 11.95 GFO  
*Farmhouse Sourdough, Streaky Bacon, Chicken, Cos Lettuce, Tomato, Soft Boiled Egg, Mayonnaise with Dressed Leaves*

**FISH GOUJON SANDWICH** 11.95  
*Beer Battered Haddock Goujons, Minted Crushed Peas, Lettuce, Tartare Sauce with Dressed Leaves*

**CHICKEN & EMMENTAL TOASTIE** 10.95 GFO  
*Toasted Sourdough, Chicken, Mushroom, Emmental, Basil Pesto with Dressed Leaves*

**BARN VEGGIE PANINI** 10.95 GFO V  
*Tomato, Roasted Red Pepper, Spinach, Harissa Hummus Mozzarella with Dressed Leaves*

**BARN SPICED FALAFEL & TZATZIKI** 10.95  
**OPEN TORTILLA WRAP** GFO V  
*Spiced Falafel, Tzatziki, Pickled Red Cabbage, Cherry Tomato, Pomegranate, Harissa Hummus*

**WHY NOT ADD**

**LOADED CHIPS** 7.95 GFO  
*Chunky Chips, Crispy Smoked Bacon, Spring Onions, Chives, Crispy Onions, Mozzarella*

**ASPEN CHIPS** 6.95 GFO  
*Chunky Chips, Truffle Oil, Parmesan, Chives*

**CHUNKY CHIPS** 4.50 GFO

GFO Gluten free option available on request V Vegetarian Ve Vegan

*Please make your server aware of any allergies or dietary requirements when placing our order. Whilst every effort is made to remove specified allergen ingredients from within our dishes, we do operate a busy, open kitchen environment and therefore we cannot guarantee that all risk of cross-contamination has been removed.*



# THE BARN

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Served Daily

# DRINKS

COFFEE <i>(Decaf Available)</i>	SOFT DRINKS	WINE
<b>FLAT WHITE</b> 3.95 <b>LATTE</b> 3.95 <b>CHAI LATTE</b> 3.95 <b>CAPPUCCINO</b> 3.95 <b>AMERICANO</b> 3.70 <b>MOCHA</b> 3.95 <b>ICED COFFEE</b> 3.95 <b>ESPRESSO</b> 2.75 <b>MONIN SYRUP</b> 0.70 <i>Vanilla, Caramel, Pumpkin Spice, Gingerbread or Hazelnut</i> <b>MILK ALTERNATIVES</b> 0.50 <i>Oat, Coconut, Soya</i>	<b>PUNCHY</b> 3.80 <i>Blood Orange, Bitters &amp; Cardamon, Cucumber, Yuzu &amp; Rosemary, or Peach, Ginger &amp; Chai</i> Lightly sparkling soft drinks, all-natural ingredients and a splash of Vitamin D - to help you catch the sun all year round! <b>PUNCHY HYDRATION</b> 3.80 <i>Mango, Blueberry or Lime</i> Reset your hydration with a blend of electrolytes, vitamins and minerals in a lightly flavoured, sparkling soft drink. <b>BRECKLAND POSH POPS</b> 3.50 <i>Elderflower, Cloudy Lemonade, Plum &amp; Cherry or Ginger with Chilli</i> <b>BARN FARM FRUIT JUICES</b> 3.25 <i>Opal Apple, Strawberry &amp; Apple Orange, Blackberry &amp; Apple</i> Local high-quality, farm-pressed fruit juices from Manningtree! <b>COCA COLA</b> 3.50 <b>DIET COKE, COKE ZERO</b> 3.30 <b>TONIC WATER</b> 3.25 <b>STILL   SPARKLING WATER</b> 2.75	<b>PINOT GRIGIO</b> 6.95 <i>Italy (18.7cl 12.5%)</i> <b>CHARDONNAY</b> 6.95 <i>Australia (18.7cl 13%)</i> <b>SAUVIGNON BLANC</b> 6.95 <i>Chile (18.7cl 13%)</i> <b>PINOT ROSÉ</b> 6.95 <i>Italy (18.7cl 12.5%)</i> <b>MERLOT</b> 6.95 <i>Chile (18.7cl 13%)</i> <b>SHIRAZ</b> 6.95 <i>Australia (18.7cl 13%)</i>
		<b>COCKTAILS/MOCKTAILS</b>
		<i>Please see our Bar and Drinks Menu for the Seasonal Specials</i>
		<b>ALE, LAGER, CYDER</b>
		<b>SUFFOLK COUNTY CHESTNUT ALE</b> 5.95 <i>(500ml 4%)</i> <b>STOUR VALLEY GOLDEN ALE</b> 5.95 <i>(500ml 4.2%)</i> <b>PERONI NASTRO AZZURRO</b> 4.95 <i>(330ml 5%)</i> <b>PERONI NASTRO AZZURRO</b> 4.95 <i>(330ml 5.1%)</i> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GFO</span> <b>ALCOHOL FREE PERONI NASTRO AZZURRO</b> 4.50 <i>(330ml 0.0%)</i> <b>ASPELL DRAUGHT CYDER</b> 5.95 <i>(500ml 5.5%)</i>
<b>TEA</b>	<b>PROSECCO</b>	
<b>ENGLISH BREAKFAST</b> 3.25 <b>CHAMOMILE TEA</b> 3.50 <b>EARL GREY TEA</b> 3.50 <b>GREEN TEA</b> 3.50 <b>PEPPERMINT TEA</b> 3.50 <b>LEMON &amp; GINGER TEA</b> 3.50 <b>SUPER BERRY TEA</b> 3.50 <b>DECAFFEINATED TEA</b> 3.25	<b>PROSECCO (20cl)</b> 7.95 <i>Italy (75cl)</i> 25.95 <i>(11%)</i> <b>PROSECCO ROSÉ (20cl)</b> 7.95 <i>Italy (75cl)</i> 25.95 <i>(11%)</i> <b>NOZECO (20cl)</b> 4.95 <i>France</i> Alcohol Free Prosecco <b>NOZECO ROSÉ (20cl)</b> 4.95 <i>France</i> Alcohol Free Prosecco	
<b>HOT CHOCOLATE</b>		
<b>HOT CHOCOLATE</b> 4.25 <b>ULTIMATE HOT CHOCOLATE</b> 4.95 <i>with Whipped Cream, Chocolate Sprinkles and Marshmallows</i>		

